



**Susan Allen**

# Kindness

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**We're better together**

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

# Kindness

The purpose of these activities is to explore the importance of kindness and encourage students to practice kindness.

## You will need:

- To display the quotation if relevant
- Name cards to choose groups at random.

## Introduction

The school environment is a perfect place to discuss the value of kindness and the negative, sometimes far reaching consequences of unkindness.

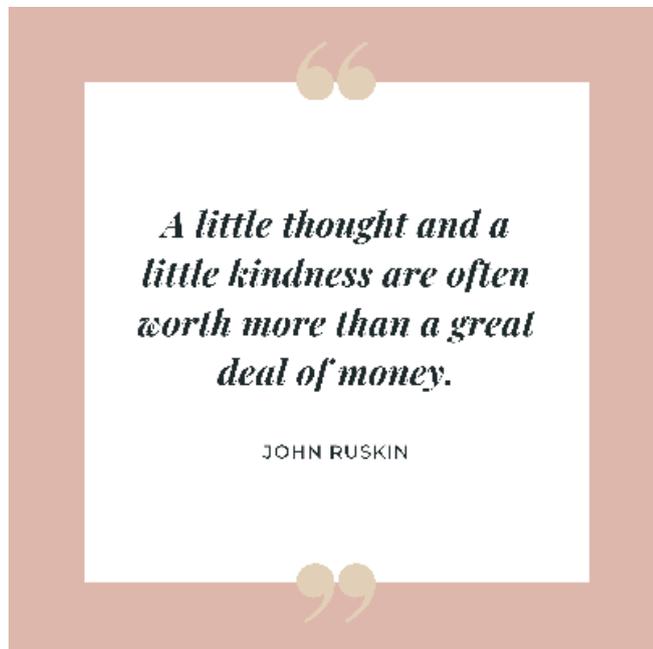
Students will see unkindness regularly. It could be at home, at school, on television, in films, in the news, in the street and so on. There is a danger of assuming that this is an acceptable way to be. Practising unkindness can temporarily make us feel powerful; however being on the receiving end can be crushing.

## Action

Try any or all of the four activities on the following pages. Enjoy them . . . .



## Why does kindness matter?



### Activity 1

1. Think/pair/share: Do you agree with this statement? If not, why not? If so, why?
2. Discuss unkindness as a class.
  - What are some examples of unkindness?
  - Why are people unkind?
  - How do we feel when people are unkind to us?
3. Divide your students into groups of two or three.  
(Randomly selecting them with name cards is a fair way to do this and no one feels left out.)
4. Ask each group to choose one example of unkindness and come up with a suggestion of how to make their chosen example a kind experience instead of a mean one.
5. If there is time, they could act their alternative version for the group.

## Why does kindness matter?

### Activity 2

Think/pair/share: Look at the following facts. How does knowing this help us to cope with unkindness?

#### **KINDNESS: Fact file**

1. When someone is unkind it is because inside they are not happy; they are acting out their negative feelings by inflicting them on other people.
2. Neuroscientists tell us that the brain is plastic and that the more we have certain thoughts, the more likely we are to repeat those thoughts, as the neural pathways are strengthened. So if we continue to think and say kind things, this habit will increase.
3. Our happiness depends on positive social relationships. As humans we naturally want to help others. It is uncomfortable for anyone to feel unhappy, and unhappiness is fed by unkindness.

### Activity 3

Ask everyone to carry out at least one "random act of kindness" this week. It could be making a cup of tea for mum, or holding a door open for someone laden with books, or talking to someone who is new. Report back to the group next week.

### Activity 4

There are many examples on the internet of moving and inspiring acts of kindness. Everyone can research this and bring one story to share. Talk about their story and how they feel about it. Do they have any more thoughts about it that they would like to share?